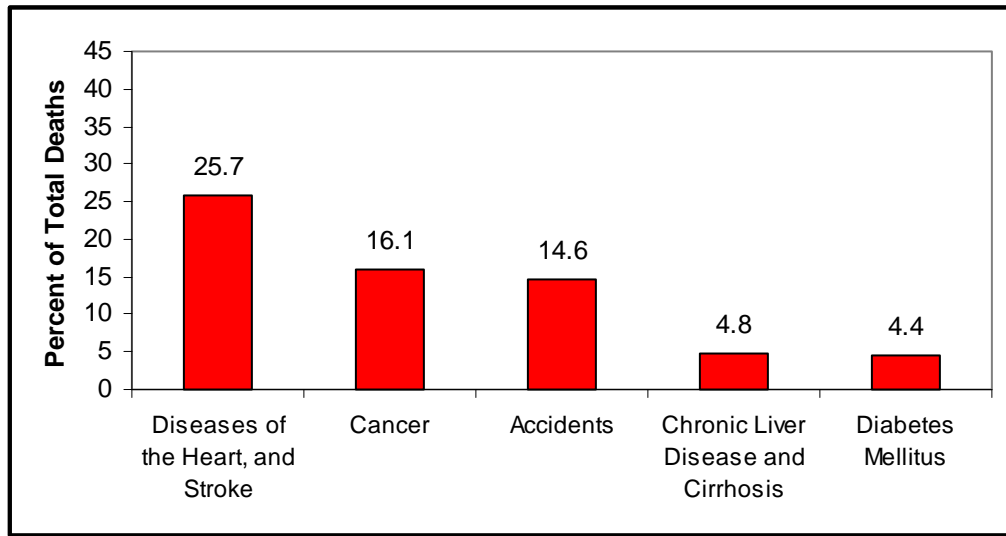


## Statistical Fact Sheet — Populations

### American Indians/Alaska Natives and Cardiovascular Diseases

#### Leading Causes of Death for American Indian/Alaska Native Males

United States: 2000

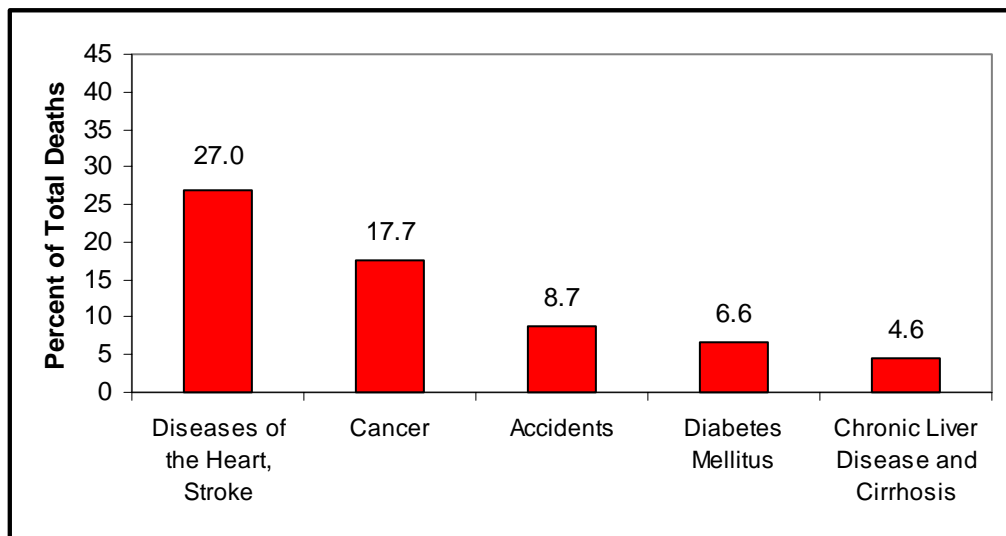


Note: The combined "Diseases of the Heart" and "Stroke" category represents about 90 percent of "Total Cardiovascular Disease."

Source: CDC/NCHS.

#### Leading Causes of Death for American Indian/Alaska Native Females

United States: 2000



Note: The combined "Diseases of the Heart" and "Stroke" category represents about 90 percent of "Total Cardiovascular Disease."

Source: CDC/NCHS.

**Note:** Death rates are age-adjusted per 100,000 population, based on the 2000 U.S. standard. Some data are reported according to ICD/9 codes and some use ICD/10 codes.

### **Coronary Heart Disease (CHD)** (ICD/10 codes I20-I25) (ICD/9 codes 410-414, 429.2)

- Among American Indians ages 65-74, the annual rates per 1,000 population of new and recurrent heart attacks are
  - 6.8 for men.
  - 2.2 for women.(SHS [1991-98], NHLBI)
- The 2000 overall CHD death rate was 186.9. The 1999 CHD death rate for American Indians/Alaska Natives was 123.9. (CDC/NCHS)

### **Stroke** (ICD/10 codes I60-I69) (ICD/9 codes 430-438)

- Among American Indians ages 65-74, the annual rates per 1,000 population of new and recurrent strokes are
  - 15.2 for men.
  - 7.9 for women.(SHS [1991-98], NHLBI)
- The 2000 overall death rate for stroke was 60.8. The 1999 stroke death rate for American Indians/Alaska Natives was 39.7. (CDC/NCHS)
- From 1990 to 1998, age-adjusted (1940 standard) stroke death rates rose 2.6 percent for American Indians/Alaska Natives. (Healthy People statistical notes, No. 23, CDC/NCHS, Jan.2002).
- Looking at age-standardized mortality rates from 1995 to 1998, among adults age 25-44, blacks and American Indians/Alaska Natives had higher risk ratios than did whites for all three stroke subtypes. (*Am. J Epi.* 2001;154:1057-1063)
- Racial and ethnic minority populations **in some age groups** have a higher relative risk of stroke death when compared with the U.S. non-Hispanic white population. Among American Indians/Alaska Natives, the relative risk is
  - almost 2 times higher at ages 35-44.
  - 1.3 times higher at ages 45-54.
  - 1.5 times higher at ages 55-64.
  - slightly less at ages 65-84.
  - less than half at age 85 and older.(*MMWR*, Vol. 49, No. 5, Feb. 11, 2000, CDC/NCHS)

### **High Blood Pressure (HBP)** (ICD/10 codes I10-I15) (ICD/9 codes 401-404)

- Among American Indians/Alaska Natives age 18 and older, the median percentage who've been told by a health professional that they have HBP is 20.7 percent. (BRFSS [1997], CDC/NCHS)

- Among American Indians ages 45-74, the following have HBP (defined as systolic blood pressure of 160 mm Hg or higher or diastolic blood pressure of 95 mm Hg or higher on one occasion or reported to be currently taking antihypertensive medication):
  - 26.8 percent of men.
  - 27.5 percent of women(SHS [1989-92], NHLBI)

### **Tobacco Smoke**

- Among American Indians/Alaska Natives age 18 and older, the following smoke:
  - 40.9 percent of men.
  - 40.8 percent of women.(NHIS [1999], CDC/NCHS)
- Among American Indians ages 45-74, the following are current smokers:
  - 40.5 percent of men.
  - 29.3 percent of women.(SHS [1989-92], NHLBI)
- Men use chewing tobacco at 10 times the rate for women. For American Indians/Alaska Natives, the following use chewing tobacco:
  - 7.8 percent of men.
  - 1.2 percent of women.(NHANES III [1988-94], CDC/NCHS)

### **High Blood Cholesterol and Other Lipids**

- In adults, total cholesterol levels of 240 mg/dL or higher are considered high risk. Levels from 200 to 239 mg/dL are considered borderline-high risk.
- Among American Indians/Alaska Natives age 18 and older, the median percentage who have been told by a health professional that they have high blood cholesterol is
  - 26.0 percent for those in Alaska.
  - 28.6 percent for those in Oklahoma.
  - 26.5 percent for those in Washington.(BRFSS [1997], CDC/NCHS)
- Among American Indians ages 45-74, the following have total blood cholesterol levels of 200 mg/dL or higher:
  - 37.7 percent of men.
  - 37.6 percent of women.Of these, the following have levels of 240 mg/dL or higher:
  - 8.6 percent of men.
  - 12.7 percent of women.(SHS [1989-92], NHLBI)

## Physical Inactivity

- Among American Indians ages 45-74, the following report no physical activity during the past year:
  - 16.8 percent of men.
  - 19.6 percent of women.

(SHS [1989-92], NHLBI)

## Overweight and Obesity

- Among American Indians ages 45-74,
  - 25.9 percent of men are overweight, defined as a body mass index (BMI) of 27.8-31.0 kg/m<sup>2</sup>.
  - 31.3 percent of women are overweight, defined as a BMI of 27.3-32.2 kg/m<sup>2</sup>.
  - 35.5 percent of men are obese, defined as BMI of 31.1 kg/m<sup>2</sup> or higher.
  - 41.2 percent of women are obese, defined as BMI of 32.3 kg/m<sup>2</sup> or higher.

(SHS [1989-92], NHLBI)

## Diabetes Mellitus (ICD/10 codes E10-E14) (ICD/9 code 250)

- Among American Indians/Alaska Natives age 18 and older, the median percentage who've been told by a health professional that they have diabetes is 7.6 percent. (BRFSS [1997], CDC/NCHS).
- Among American Indians ages 45-74, the following have diabetes:
  - 43.5 percent of men.
  - 52.4 percent of women.

The following have impaired glucose tolerance (pre-diabetes):

- 14.2 percent of men.
- 17.4 percent of women.

(SHS [1989-92], NHLBI)

### Source Footnotes

BRFSS – Behavioral Risk Factor Surveillance System

CDC/NCHS – Centers for Disease Control and Prevention/National Center for Health Statistics

*MMWR – Morbidity and Mortality Weekly Report*

NHIS – National Health Interview Survey

NHLBI – National Heart, Lung, and Blood Institute

SHS – Strong Heart Study (1989-92; 1991-98)